

# UNWIND PROJECT NEWSLETTER 6

August, 2020



## WELCOME TO THE SIXTH NEWSLETTER OF THE UNWIND PROJECT!

The UNWIND project is entering its final stages. Take advantage of the project's innovative outputs. The outputs are available for free on the project website [www.unwind.work](http://www.unwind.work)



## WHAT HAS BEEN DONE RECENTLY?

The dissemination seminars for the UNWIND project took place in the Czech Republic, Ireland, Finland, Poland and Cyprus.

These stakeholder events targeted project groups including youth training providers, human resource managers working in enterprises, employment support officers from local labour offices, local community representatives, public service representatives, academics and civil society organisations. The events were used to familiarise key stakeholders with the outputs of the UNWIND project and to build support for project dissemination.

Due to the Coronavirus pandemic, we had to adapt our methods for the dissemination seminars. For example, in the Czech Republic, there were two smaller, face-to-face dissemination seminars for 15 people each.

Here is an image from one of them.

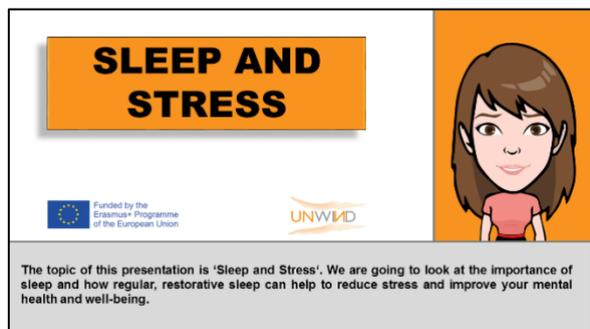
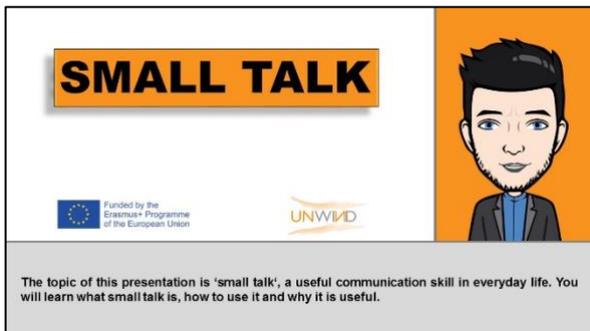


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# THE 5 MAIN PROJECT OUTPUTS

1. A set of 12 video presentations on topics important for career management.
2. A set of 12 video presentations developing highly valued skills for the labour market.
3. A set of 12 video presentations focused on stress management.
4. A training programme for mentors of young workers and for human resources managers. The programme has two parts, namely a classroom teaching section and a self-study section.
5. An online learning portal that makes all the project outputs available for online use on a computer, tablet or mobile phone.



## WHAT BENEFITS CAN YOU GET FROM THE PROJECT OUTPUTS?

Each of the 36 video presentations allows you to get the most important and practical information on a particular topic in just a few minutes - for example:

- Emotional Intelligence
- Building Rapport
- Adapting to Organisational Change
- Active Listening
- How to Lead Team Meetings
- Constructive Criticism
- How to Delegate Tasks
- Working Efficiently in Teams
- Problem Prioritization
- Sleep and Stress
- The 4 As of Stress Management
- Procrastination

## WHERE CAN YOU FIND US?

Visit our website:

[www.unwind.work](http://www.unwind.work)

and like our Facebook page:

<https://www.facebook.com/unwind.work>



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